Your New Service
Briefing Note

Introducing Reading and West Berkshire's New FREE Community Healthy Lifestyles Service

Helping people across Reading and West Berkshire make healthier choices with free, personalised support.

Our friendly lifestyle coaches offer practical advice and ongoing support to help people make positive changes that improve their health and wellbeing. The service is available across both Reading and West Berskshire.

Who is eligible?

Eligibility Area	Criteria
Location	The patient must live in Reading or West Berkshire, or be registered with a GP in Reading or West Berkshire.
Stop Smoking	Available to people aged 12 and over who would like support to stop smoking. Vapes as a quit aid are available to adults aged 18 and over.
Healthy Weight	Available to people aged 16 and over with a BMI of 30 to 40; a BMI of 27.5 to 40 with a comorbidity; or a BMI of 23 to 40 for people from Black, Asian or other ethnic minority backgrounds.
Increase Activity	Available to people aged 16 and over who would like support to become more active. People with a health condition are advised to check with their GP before increasing their activity.
Reduce Alcohol	Available to people aged 16 and over who would like confidential, non-judgemental support to reduce or stop drinking.
Cost	All programmes are free, including coaching, personalised plans, ongoing support and NRT (Nicotine Replacement Therapy).
Length of Support	Each programme provides 12 weeks of support, delivered through group or one-to-one coaching.
Delivery Options	Support is available in person at local Health Hubs, online or by phone, depending on the person's needs.

There are several easy ways to refer someone to the service. Please use whichever option works best for you:

🌐 **Refer online**
Complete our health professional referral form on the Live Well Reading & West Berkshire website. (Livewellrwb.org)

📞 **By phone**
Call us on 0800 1223 972 and our team can support you with making a referral.

📧 **By email**
You can also send a referral securely to livewell.rwb@nhs.net.

To make email referrals as simple as possible, we've included a referral email template attached that you can copy, complete and use.

Together, we can help the people of Reading and West Berskshire live healthier, happier lives.

Service Delivered by...

ice leading behaviour change
icecreates.com

In partnership with...

Reading Borough Council
Working better with you

West Berkshire Council